

Healthy Shopping and Cooking

We have the power of choice to decide which foods to buy at the supermarket. Choosing the healthy option when shopping & cooking is the key to consuming a well-balanced diet. Remember there should be equal fruit and vegetables to meat and snacks in your trolley or basket

Tips for Shopping:

1. Always have a list before going shopping
2. Plan your meals for the week; make a "Daily Diary"
3. Buy whole foods, (fruit and vegetables). Avoid packaged where possible
4. Buy things that keep well, or foods that are easily frozen
5. Think colours when buying fruits and vegetables, the more colours the better!!

Healthy Cooking Methods:

1. Stir frying
2. Steaming
3. Microwaving
4. Roasting/baking
5. Grilling



Avoid using Oil & Butter where possible



Food Labels:

Food labels are on every packaged food item, and they provide vital information that help us choose the healthier option! When comparing food labels always look for these four items:

1. **Total Fat**
2. **Saturated Fat**
3. **Sugar**
4. **Sodium**

Compare packaged foods per 100g. Always try to aim for:

	Good	Okay	Poor
Total Fat	< 3g	3-20g	>20 g
Saturated Fat	< 1.5g	1.5 – 5g	>5g
Sugar	< 5g	5 – 15g	>15g
Sodium	< 120mg	120 – 600mg	>600mg



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